

# Veralynn Sweetbriar

July 29, 2023



Medium Humanoid ([High Elf](#)), Neutral Good  
Cisgender, She/Her

**Armor Class:** 14

**Hit Points:** 73

**Speed:** 30 ft.

Strength	Dexterity	Constitution	Intelligence	Wisdom	Charisma
10 (+0)	11 (+0)	14 (+2)	14 (+2)	16 (+3)	12 (+1)

**Skills:** Arcana +6, History +6, Medicine +7, Perception +7, Survival +7

**Senses:** passive Perception 17

**Immunities:** Charmed, Disease, Frightened, Poison, Poisoned

**Languages:** Common, Draconic, Druidic, Elvish, Gnomish, Halfling

**Challenge:** 10

## Abilities

**Spellcasting.** Veralynn is a 10<sup>th</sup> level spellcaster. Her spellcasting ability is Wisdom (spell save DC 15, +7 to hit with spell attacks). She has the following [Druid](#) spells prepared:

**Cantrips (at will):** [Dancing Lights](#), [Druidcraft](#), [Mending](#), Mold Earth, [Resistance](#), [Shillelagh](#)

**1<sup>st</sup> Level (4 slots):** [Create or Destroy Water](#), [Cure Wounds](#), [Detect Magic](#), [Detect Poison and Disease](#)

**2<sup>nd</sup> Level (3 slots):** [Animal Messenger](#), [Barkskin](#), [Lesser Restoration](#), [Locate Animals or Plants](#), [Pass without Trace](#), [Spider Climb](#)

**3<sup>rd</sup> Level (3 slots):** [Call Lightning](#), [Dispel Magic](#), [Plant Growth](#), [Speak with Plants](#)

**4<sup>th</sup> Level (3 slots):** [Conjure Woodland Beings](#), [Divination](#), [Dominate Beast](#), [Freedom of Movement](#)

**5<sup>th</sup> Level (2 slots):** [Commune with Nature](#), [Greater Restoration](#), [Tree Stride](#)

**Land's Stride.** Moving through nonmagical difficult terrain costs her no extra movement. She can also pass through nonmagical plants without being slowed by them and without taking damage from them if they have thorns, spines, or a similar hazard. In addition, she has advantage on saving throws against plants that are magically created or manipulated to impede movement, such those created by the Entangle spell.

**Natural Recovery.** She can regain some of her magical energy by sitting in meditation and communing with nature. During a short rest, she chooses five expended spell slots to recover. She can't use this feature again until she finishes a long rest.

**Nature's Ward.** She can't be charmed or frightened by elementals or fey, and she is immune to poison and disease.

**Wild Shape.** She can use her action to magically assume the shape of a beast that she has seen before, up to CR 1. When she changes shape, her wheelchair transforms with her and incorporates appropriately into her new shape. She can use this feature twice. She regains expended uses when she finishes a short or long rest.

# Actions

**Dagger.** *Melee Attack: +5, 5 ft., single opponent. Hit: 3 (1d4 + 1) piercing damage.*

**Staff.** *Melee Attack: +5, 5 ft., single opponent. Hit: 3 (1d6) bludgeoning damage.*

# Traits

**Confusion** [IE 2, Triggered by exertion]. *At times when overexerted, Veralynn can become confused and struggle to recall what she was planning on doing next. When this happens, she has a -2 penalty to initiative, reactions, Wisdom (Perception), Wisdom (Survival), and concentration checks.*

**Fatigue** [IE 3, Chronic]. *Veralynn is nearly always tired. After every long rest, she must succeed on a DC 15 Constitution saving throw or take 1 level of exhaustion during the duration, regardless of the amount of rest she gets. Along with this it takes her 60% longer to prepare spells, and every long rest, she needs to succeed on a DC 11 Constitution saving throw or experience insomnia and no benefits.*

**Intrusive Thoughts** [IE 1, Chronic]. *Veralynn has intrusive thoughts about whether or not people actually want to be her friend, that she is burdening others, and that she isn't as capable as she actually is. Due to this, she has a -1 penalty on saving throws against being frightened.*

**Pain (Chronic Pain)** [IE 3, Chronic]. *Veralynn experiences chronic pain throughout her body. Any action that requires a concentration check (e.g. maintaining a spell) requires a DC 13 Constitution saving throw per round to maintain concentration. Since she is used to managing pain, she has a +3 bonus to*

*saving throws against psychic pain.*

## **Assistive Devices**

### ***Veralynn's Countryside Conveyance***

*Wondrous Item, common*

*This wheelchair has wide wheels that enable it to move through wilderness areas with a 30 ft. speed, adjusted for terrain difficulty. While seated in it and speaking directional and speed command words, the chair will propel itself for up to 8 hours per day. The wheelchair regains its charge after a long rest.*

**Salve.** *A jar of salve costs 1 sp for seven days' worth and must be applied every 2 hours to receive the benefits. One hour after application, the Impact Extent of Chronic Pain reduces by 1 for 2 hours, continuing as long as applications continue. The benefits wear off after 2.5 hours if not reapplied.*

## **Background**

When Veralynn was younger she loved spending time in the forests being deeply immersed in nature and animals. Prior to becoming sick, she could go weeks without returning to a city. However, while out on one such adventure she was exposed to a virus that caused her body to experience chronic pain with flu-like symptoms. It took several years, seeing many healing folk, before Veralynn was able to name what was ailing her. During that time, she used her druidic skills to develop healing potions and salves that helped manage her symptoms. She was able to take the skills she learned and turn them towards opening a shop that sold her creations to help others like herself that

struggled with various chronic ailments that traditional healing, both magical and non-magical, could not properly address. While this was not in her plans, Veralynn has grown to love the work and knowing that she is helping those around her. Wherever her shop is located, she is a hub for the community and well known in the town.

## Personality

Veralynn is the “mom friend” of the group and is known for being caring towards those she is close to and even those she isn’t close to yet. She will remind people regularly to eat, drink water, and get enough rest. Being extroverted and friendly, it is only a matter of when, not if, someone will be friends with Veralynn. She is fiercely loyal and protective of her friends. However, under her extroverted personality, Veralynn does have her own struggles and does her best to not put them all on her friends. Due to this, she will hide when struggling with intense pain or fatigue. Veralynn also lacks confidence at times in her abilities and friendship. However, with reassurance and emotional support, she is able to work through these moments.

## Plot Hooks

1. The party is searching for a cure for something that magic and non-magical items cannot seem to cure.
  2. A party member has an ailment or condition that needs special care or items to help manage.
  3. The party needs an expert on the local flora and fauna.
-

# Fatigue

July 29, 2023



You are nearly always tired. After every long rest, you must succeed on a DC 8 + (IE) Constitution saving throw, or you do not benefit from the rest, regardless of the amount of rest you get. Spending an entire day resting will automatically give you advantage on the Constitution saving throw.

## Real-world Examples

Chronic Fatigue Syndrome, Lyme Disease, Fibromyalgia, Lupus, Hypothyroidism, Multiple Sclerosis, Insomnia, Postural Orthostatic Tachycardia Syndrome

## Assistive Options

Beginning a long rest three days in a row at roughly the same time grants a +1 bonus to the Constitution saving throws, keeping the pattern adding an additional +1 bonus cumulatively to a maximum of +5. Keeping a diet for at least seven days of fish, vegetables, and nuts gives a +1 bonus to the Constitution saving throw. Drinking more alcohol than (Constitution Bonus) drinks will negate this bonus. A weighted blanket during a short rest also gives a +1 bonus to the Constitution saving throw. Such a blanket can be made from two large animal pelts for a medium humanoid or two medium animal pelts for a small humanoid plus enough sand to make the total weight 10 percent of your body weight. The cost of fabrication is 20 gp.

## **Magical Assistance**

If the fatigue is caused by Insomnia, a Sleep spell or other effect that mimics it will assist in getting to sleep during a long rest and will reduce the IE by 1 Extent until the next long rest.